

Kundalini Yoga Meditation: _____

40 DAY JOURNAL

NAME _____ Start Date _____ End Date _____

Email _____ Phone: _____

Please contact Krishna Kaur or Joan to discuss issues that might come up for you during the meditation (323-938-8397 K ~ 323-295-2260 J). krishna108@krishnakaur.org Bless you, and enjoy!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Day 32

Day 33

Day 34

Day 35

Day 36

Day 37

Day 38

Day 39

Day 40